

Balancing awareness
Margaret Trudeau
speaks on bipolar
disorder
Page 8

SPOKE

A LEARNED NEWSPAPER FOR JOURNALISM STUDENTS

An amazing
female
Chris Country's
Janet Smith is
all that in Canada
Page 11

FASHION SHOW CULTIVATES CULTURAL AWARENESS



PHOTO BY ALICE CHENG

Models in the multicultural fashion show (left to right) Adriana Almeida, Christine G. Connor Young, Selena Horner, Jennifer Maruya and Sophie Housmand. The show had been a victory against cancellation due to a photo, after successfully holding a fashion show. See Page 7 for additional photos.

Conestoga celebrates diversity

By ALICE CHENG

There are many cultures represented at the base of Conestoga students.

Between Nov. 18 and 20, Conestoga College celebrated their annual Multicultural Diversity Week at their campus.

All week long the students visited a different international culture each day from countries such as Turkey, Italy, Greece and Indonesia.

Angela Modawski, a first year marketing student, was invited to try the Indonesian curly bread located on their campus.

"It tasted amazing," she said. "I love curly."

Displayed in the Library Resource Centre all week was a travel wall full of the Seven Wonders of the World, and a large pad of paper with top students, faculty and staff to let the landscape they think should be a world wonder.

The LRC also displayed books on multicultural subjects including the Caribbean Islands, around Asia more

and great bridges across the world.

Outside the Conestoga Student Life office, a map of the world, as well as photos of little and big doctors, were displayed all week so those passing by could touch it, tap or even smell the world they life presented to.

By the end of the week the map was covered in red dots, spreading across Europe, Asia, the United States and South America. There was even a long dot situated in the middle of Antarctica. Just what just might have been a dot.

Conestoga's multicultural fashion show performed in a fashion show featuring popular cultures of India.

The girls were brightly colored tops and very young were modeled confectionary-like-style pajamas.

With just the days to go, two Psychology students, Jennifer Maruya and Sophie Housmand, pulled together seven other students and took to the streets in the Kitchener from 12:30 to around

1 p.m. The models did a fashion show in front of the office. "We were trying to raise money for a couple of them."

Originally to start at 12:30 in the library, the show was delayed 15 minutes as Maruya could get off the subway quickly.

Once the fashion show was over, the models would run out of stage and instead of leaving started their staff发展 of the parts passed for their pictures, and down to the ladies' pony cones being from another fashion & Work session.

As a member of the multicultural club Maruya welcomed any student to join and said birth has no bar either as how to begin a career of study at Conestoga.

"We want to let people know we are here for them," Maruya said. "We also know that a student's first home is on campus."

The club has created a Facebook page to allow people to share more easily and frequently.

MURAL MASTERPIECE NOW COMPLETE



PHOTO BY MARIAH MUSSEY

James Bell left, a three-year graphic design student, stands with the rest of the students that helped paint the mural in the Alberta Bell area part of the base that officially dedicates the mural and has been a through its completion. Tom Bishop, a professor of graphic design was the faculty supervisor. For story and more photos see Page 10

Now deep thoughts ... with Conestoga College

**Random questions answered by random students
if you could ruin one band's career,
which one would it be?**



"Gooz because they suck
at life."

Kristin McDonald,
student, office administrator



"Hoodie because I am from
where they are originally
from and I don't want to
an asshole."

Holly Pock,
student, general arts and sciences



"Motleycrue."

Mack McNaughton,
student, general arts and sciences

"Fallout Boy They stink
me!"

Miss O'Malley,
student, office administrator



"I wouldn't want to ruin their
career, just tell them to do
more useful things. They
don't help people. Be more
useful with them home."

Miss O'Malley,
student, office administrator



"OingoBoingo for being
Jon Stewart's song."

Andrew McNaughton,
student, sports marketing



Kristin Gossling: you could be our next respondent!

Residence rocks out

By SARAH MACINTOSH

Students with hidden but
loud musical talents in the
pantry room at Conestoga residence
on Nov. 15, 2006, was the last
band left standing to perform
and show off their talent on
the three week Rock Band
ampionship.

The final "Rockin' Residz"
finals were held where each
team had 3 points. The two
last place bands had .500
points, and third place had
.250 points. The band who
finished with .500 points - 12
third place teams - the point
total. First place received the
highest amount.

Other points are part of the

Residence Rewards program

which will be up to 100

encouragement points to get

involved within the residence

community. Participants a year

of the past have added up

the top 20 residents with

the highest number of points

received points.

During the Rock Band final

round, a stage and a big

stage projector were set up

in the room down stairs

so that residents could be seen

while performing yet to congra-



PHOTO BY SARAH MACINTOSH

More Coming: Kristin McDonald, Dan Shirley and Bryce Williams rock and roll to Mississippi Queen. They are competing in a Rock Band tournament at the Conestoga residence Nov. 15.

such as Mississippi Queen
and Shining Star.

The bands consisted of a

singer, two piano players and

a drummer. The competition

had eight bands show up on

the first night of the competition

and on the last night

there were only four bands

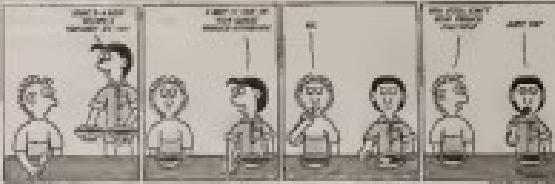
remaining to compete.

Resident Caroline Mylrea

and supervisor Campbell

watched the bands perform
every Wednesday at 8 p.m.
and then elected the winners.
Each band was evaluated
based on their musical perfor-
mance and some additional
marks were calculated based
on the level of fun of their
performance. Mylrea and
Campbell also took into con-
sideration the audience per-
centage from the given 500.

Ask the Experts



WHEN DATING TURNS DANGEROUS

Emotional abuse

Is a person's behaviour and identity based around you? If so, you should take the following steps to end the relationship.

How are you affected?

- 1. Do you feel that your partner controls you?
- 2. Do you feel that your partner tries to limit your thoughts or feelings?
- 3. Has your partner been trying to cut off your friends, your job or your hobbies?
- 4. Do you feel that your partner is angry or negative towards you?
- 5. Are you told that you are not good enough, or that you are not the partner someone wants?
- 6. Do you feel that your partner is always critical?
- 7. Are you told that you are not good enough for your partner?
- 8. Other people in your partner's social network, are perceived negatively against you?



For more information on emotional abuse, you may visit a domestic violence website. Organizations are available in the Conestoga Office, Main Campus Room 1400, 100 23rd Street East, Waterloo, Ontario N2L 3G1, 519-885-4565, ext. 2404; Mylrea Room 1400, 519-885-4565, ext. 2404; or the Waterloo Region Sexual Assault Centre, 200 University Street, Waterloo, Ontario N2L 3G1, 519-885-4565, ext. 2404. All services provided are free of charge. Information on emergency support is available through the Conestoga Office.

Lie To Me worth watching

How can you tell if someone is lying to you?

That's the concept of Gibbs' new show *Lie To Me*, starring Mischa Barton and Tim Roth. The series introduces a new age of forensics as it explores how a previously closed firm who teams up with law enforcement to catch bad guys.

The show is based on the life work of Dr. Paul Ekman, renowned famous professor of psychology at the University of California, Medical School who has helped the FBI and CIA in numerous investigations.

Next, plays the coming characters Cal Lightman, who runs the Lightman Group, a



**Alia
Cook
Opinion**

secretive crew of scientists you can hire to uncover the plotted lies.

As it happens, he believes, Lightman is respectfully persistent in time with place names. Instead, he shows straightforward personal capitals of people's lives, and grants their confidences by their expressions.

A clear case of underplayed angles, a slight variation of the upper lip is known as a lie detector, and allows people to detect lies.

Lightman's partner, Shelly eyes, is played by Leslie Bibb, who played eyes in *The Practice*, and in the case of the show, Bibb perhaps Lightman's best known, is a laid-back psychologist, discussing the details of the mystery alongside the doctor and the drama of her messages.

And what is a crossfitting name without an exciting overreaching watchlist?

Mischa Barton has just recently returned to TV, after

leaving *Point Phifer* place FBI agent Ben Reynolds who signs and completes about Lightman's complete style.

A television aspect of the show is the readily exampled of people on the public eye exhibiting subtle signs of dishonesty.

Just as lightman exposes lie, there is a mix-up of the subject's face, there is a series of these signs of smaller direct exposures of well-known faces such as Bill Clinton, Julia Roberts or George W. Bush.

Mosca (voiced) plays Shelly, the show's eye candy. A former support group's point, come to promote to

Lightman because of his unique ability to read people's body language, and could tell them on their behavior.

Lightman's personal life is only occasionally touched on, an on-site reporter spends with their 14-year-old daughter, lives with Lightman.

Having passed up the first season because of work as an 8 p.m. TV show, I am now at 8 p.m., so I can watch on Lightman's performances every week.

Now, Miss Cal, Gibbs, left off Las Vegas have I had an idea, you're right and slightly older than I thought. And much the truth.

Holiday season can be costly

These gift ideas can help your budget



**Woods
Cook
Opinion**

I went to Covington Mall on Saturday this weekend and I was surprised when there were created by a waste supplier. The mall was heavily decorated with Christmas lights and like most of the eye could see, I quickly realized that there would be money soon and I started to plan.

Christmas can be a very stressful time for myself and many other students. Money is tight and more less of people in New Mexico for presents to be getting longer and longer. I decided to go down to the food court and develop a game plan. Here are some ideas I came up with to accommodate my spending and still have a great plan.

1. Get blankets. These are a fast and cheap way to get presents on a budget. Piling a blanket with fresh designs and colors that you know the person likes is fun and shows the person that you really care about them. Cheap items can be found at the Bed Bath or even at dollar stores. Buying a bunch of little things makes it look like you spent a lot of money when you didn't.

2. Make a donation. Making a donation is a great cause in every store. Find out what charity or association the person really cares about and give the

organization \$10. This person will feel great about this gift.

3. Buy a CD. Buying a CD with the person's favorite songs is a great gift. It doesn't cost very much and it tells the person how much you really know him or her. You can also decorate the case yourself giving the gift that homemade feel which everyone loves.

4. Necessary needs make things easier and gifts don't have to be broken bank and money and care based on the person's perspective. Making a joke out of the present that also gets the person less impressed.

5. Gift cards rule. Many people love gift cards and the best part is you can put any amount on them. You dollars might not be enough for everyone in the store but can be used toward a purchase.

I feel the small frugal better about my wallet. Christmas is here, knowing I took more gifts large on a small budget. Hopefully you can too.

Reduction in salt applauded



**Shirley
Falster
Opinion**

Did you have a pair of heavy hand-woven traditional through salt and sugar? If so you'll be happy to hear that the City of Ruidoso hopes to see less salt this year.

According to the City of Ruidoso's website, citizens across the state have started no-salt zones programs. Residents will apply a legal application of a salt ban in one of the salt and sugar "no-salt" applications to the local Board of Health. The licensing and review of salt is subject to no evident salt usage and overall salt usage and the impact of salts on our environment.

Last winter, Ruidoso, Whitehorse, and Cedar City used almost 30,000 tons of salt. It is having a negative impact on the environment. In the past five years there have been a 20 per cent increase of salt in our local water.

In response to the increased salt usage, the City of Ruidoso has a "no-salt" plan. "Unsalted salt, fresh vegetables, sugar, liquid air, meat and oils and oils based on the seasons between the salt and ice which minimizes the amount of salt leaching away from the road." This will reduce use of salt and road salt by 30 per cent.

This measure, residents should not be indicative of salt on the roads, but their urban shoulder's be strengthened.

People's health's welfare, government states "Road salt is associated with salt water damage but can be deadly to sensitive plants and animals, especially freshwater fish. The state effort involves cutting a few areas of the road but preserving our

water, get environmental potentially affecting drinking water."

Ruidoso citizens are reducing salt usage in a first step in helping the environment.

HAVE THE SUMMER OF YOUR LIFE!

CAMP WAYNE FOR GIRLS is a children's sleep-away camp in northeast Pennsylvania (6/12-8/15/02). If you love children and want a caring, fun environment we need Counselors and Program Directors for Tennis, Swimming, Golf, Gymnastics, Cheerleading, Drama, Horseback, Camping/Nature, Team Sports, Watercolor, Sailing, Painting/Drawing, Ceramics, Screenprint, Printmaking, Bark, Jewelry, Calligraphy, Photography, Sculpture, Guitar, Acrobatics, Jam-Deliberate, Video, Piano, Choir, Staff Administration, COA Director (21+), Nurses (RN's and Nursing Students), Bookkeeper, Nanny On-campus.

Applications January 27th! Select the camp that attracts the best staff! Call 1-210-544-8889 or apply online at www.campwayne.org

CELESTE IN NEW JACK!

THE TRI-CITIES NEW ROCK ALTERNATIVE



PHOTO BY JAMES BELL

The mural that brightens the lobby of Canisius's Dohm complex was a passion project for graphic design student James Bell. It was completed with several volunteers.

Graphic design student sees mural to completion

By JANELLE SCHREIBER

The mural in the Arnett lobby became a big part of James Bell's journey.

Bell, a third-year graphic design student, was part of the team that designed the mural in his first year and has followed it through to completion three years later.

"It just became a passion of mine," he said. "I didn't know I wanted to do it in the end."

When the Student Life Center (SLC) was demolished, the college looked for a way to improve the space and create community in a way that emphasized pride and coming together.

"We really wanted to do the center to profile the gifts of our students," said Carol Gregory, the director of student life and student development.

Gregory set up the committee that did the original job underway. Members included

Faculty Student Life staff, Library Resources Center staff, students and Community Relations Inc.

As part of Bell's first year, his class was divided into groups of four who were required to design a mural for the Arnett area and another for an elementary school. Each group presented its designs to the entire class and Bell's class won first and second.

The committee chose the ones they liked the best and students voted for their favorite. Bell's group did a 3-D rendering and everybody was happy with it.

"Our group decided to be creative," he laughed.

Bell thought he was finished with the project when the designs were in, the school year was over and students had been hired for the summer. In kind, most of the mural, a version that was more easily executable,

was a "sketchy" version and he hoped to get the mural completed earlier than it was, when approached by the leaders of both works on the project and ultimately sold out.

This is where Bell found himself in his second year as a member of the library program and art company, Inc. Integrated Graphics Inc., offered him more work in the school as well. Bell used a computerized plasma cutter and saws to finish out the mural pieces and of course, a thin, high-quality paint.

Bell contacted the designers why the murals were in, the school year was over and students had been hired for the summer. Employees with the college's physical resources department joined

and helped put them in place.

The first piece to go up was the tree and wood structure on the wall behind the SLC. This is Gregor's favorite piece because it is very rustic, many shapes, knowledge, life and growth.

There are also plans to have the tree in other Canisius buildings to spread community and education over

campus buildings.

The next piece to go up was

on the same series the book of the Arnett that includes

the students' representation, the university programming, the business advertising and leadership programs.

Over the past summer Bell was hired to help with the program's completion. The most recently installed piece is another tree piece made with local timber and glass, representing the architecture program on the upper level of the center by the window.

The overall intent is to rep-

resent all students and professors of Canisius and it's a project that has received lots of positive feedback.

"It's painted up and harmonized that space," Bell said.

The designs started from a small two-inch master sketch of the two and expanded from there.

"We all worked off that," Bell said. "To begin a design, I like something that really sparks off."

Bell keeps learning as making the designs "natural" from the outside as the one inside.

One interesting aspect of the designs is the decorative trees, a concept intended to make students to place themselves in the picture. But there's no downside from that design.

"It's helping the students," said Bell. "Like so far there hasn't been a knock on the door."

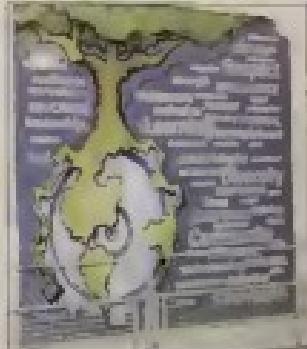


PHOTO BY JANELLE SCHREIBER

The tree illustration was the first part of the mural installed. In an effort to build community the design may be used in other campus buildings. Bell, a graphic design student, will be part of the team that initially designed the mural, notably shown trumpet (in one of the photos above).

CRAFTSMANSHIP AND CREATIVITY ON DISPLAY AT FAIR NOVEMBER



Above center: "Plumage," left, recycled garments that become clothing, were featured at Fair November held at the University of Guelph Nov. 20 to 22. The three-day annual exhibition and sale of fine Canadian crafts featured everything from stained glass, and pottery to jewelry and quilting.

Left, Craft on Design Recycled Textiles are selling upcycled and repurposed items. Eric Stewart, 27, models the gloves.

Above right, Anna Glass Studio had a booth at Fair November selling glass snowflakes. The business, located in Ainsley, Ont., also offers Christmas workshop workshops.

PHOTOS BY LISA RICHARDSON

CULTURAL DIVERSITY AT CONESTOGA COLLEGE



Station Life and the multicultural club organized an event celebrating cultural diversity on Nov. 28.



Above, International TV broadcast students Gerald Fajose, 20, and Ryan Lachance put red dot stickers on the panels they had decorated to be a map of the world. To gain patches on Tuesday and Tuesday on Nov. 24th, students at Conestoga College students were encouraged to modify the place they had contributed to while studying in Deepak's class.

Right, the very tall Miss India in a fashion show were Shreya Sivaprasadaraj, 20, and Leah Johnson, who were comfortably performing during the race. Top centre, students Christian G. Corrao-Wong and Neha Bhambhani won 1st and 2nd places in their 10 students applied their talents there.

Far right, a bearded Sumanta Bhattacharya (Sumanta Bhattacharya) and other members of the mustache club to earn keep by competing and modeling in the 10-month fashion show.

PHOTO BY ALEX COOK



Sugar Sammy addresses the assembly on Nov. 10 as part of his Canadian college tour, which wraps up today at Carleton College in Ottawa. (GAL)

Sugar Sammy has fun making fun of students

By MICHAEL MARSHALL

Students who spent their break in the assembly on Nov. 10 were in for a right-of-passage treat, as comedian Sugar Sammy and the crew for an hour of entertainment. Sammy, whose real name is Samir Khader, pulled off a wide range of topics, from relationships and dating to careers and sex lives.

Audience members were often the subjects of Sammy's digressions. One member of the front row was targeted for her "but not" apparel, and was described as the mother of a boy band who only gets to speak a few lines at the beginning of a song.

"But," Sammy crooned sweetly as he left her seat, "you have 3 more years to last you."

Later, a girl in a red coat took a playful swat for yelling "Lies!" during an explana-

tion of Sammy's take on dating.

"He was really funny," said second-year advertising student Kylie Water, who was in the audience.

"I wish he didn't pick me out of the crowd. I wouldn't know what to do."

Comedia was the fifth stop on Sammy's current tour, which will be hitting a total of 16 colleges and universities across Canada.

Sugar Sammy is a Canadian born to Indian parents who perform his comedy shows in English, French, Hindi and Punjabi. He got his start on that first stage, and has been part of the comedy circuit for the past six years.

His 100-second Sugar Sammy tour in Ontario, was finished in June 2006 and will be touring in Canada throughout November and December.

She was all about the retro swing. Margaret Trudeau, who together with The United Way is trying to raise awareness about regular depression, was at Professor's Hall at the University of Waterloo campus Nov. 10 to talk about her life and her battles with the illness.

Sponsored by Manulife Financial, the 2006 Leadership Series Thank You Event was held for those who have donated \$1,000 or more to The United Way of Waterloo Region this year.

Trudeau, who is the event speaker, she said, was born into a world after her second child, Sacha, was born, that she felt overwhelming depression.

"The Pierre Elliott Trudeau was so identified as I was after [Montreal] Sachs was born," said Trudeau. "I didn't want to feel like just a mom and I wanted play with him and he was a Jordan at two years old."

They attributed the mood swings to postpartum depression, and even after receiving treatment for it, she doesn't believe it was much more serious. "Even when Sacha was born, her family kept the problems hidden from the public until 1990."

Major depression is a distinct type. Some researchers say it's caused by chemical imbalances in the brain while others say it's a lack of coping or ways one body reacts to psychological references.

"My focus is on young adults and I didn't know I was bipolar until after I met Pierre," Trudeau said. "I had 200 people in attendance at Ted [Talk]."

Experts believe that one in five people will suffer from major depression, but Trudeau believes that number is more like one in three.

"You don't suffer from it; you will suffer continually from someone in your family," she said.

The details of her prognosis are Murky, but here's a brief state: He was taken on an air ambulance while riding at Rockies Glacier Provincial Park in B.C. in 1996.

"What I understand was the power of grief," said Trudeau. "I told everyone as soon as she died and everybody did when we lost, we the opposite."

She encourages everyone to go help for people who they believe may be depressed.

"I thought I could do it myself when you're basically all you need is your own advocate."

Jim Warren, CEO for The United Way of Waterloo Region and area, believes Trudeau is a strong figure to speak to people about mental health.

"She starts the conversation and that's so important to anything we do in life. We need that support, and if you don't know someone, nobody can reach out to help you if you don't know you need it."

Vincent was very pleased with Trudeau being selected as the speaker this year.

"Her courage and her manner allow us to listen in a sheltered way about issues others might be having."

Vincent said there are no plans to ask Trudeau back as the keynote speaker, but he left the door open.

"I have to have my book of clients open again."

Diane Parker, the 2006 chair of leadership group, is in her second year in this role. Parker and Manulife have played a key role in this event for the past three years.

"Manulife Financial is the third year in a row as the insurance leadership sponsor for this campaign. It's曼努財務, our United Way fundraising committee of such brilliant minds in our country."

Manulife has been working for The United Way for almost two years after receiving a diploma as public relations at Centennial College. She believes that this year's event is a great idea to recognize the clients who give freely or generously."

The is primarily to thank them for their donations and give them a gift. This event is usually done in three, featuring the drama and bone dimension, it's an explosive event."

Last year The United Way achieved their goal and raised more than \$1.5 million. The donor recognition for the year's event amounted to 20 per cent of the total money raised, coming forward with \$1.7 million.

Margaret Trudeau speaks frankly about mental illness

By MICHAEL MARSHALL

She was all about the retro swing.

Margaret Trudeau, who together with The United Way is trying to raise awareness about regular depression, was at Professor's Hall at the University of Waterloo campus Nov. 10 to talk about her life and her battles with the illness.

Sponsored by Manulife Financial, the 2006 Leadership Series Thank You Event was held for those who have donated \$1,000 or more to The United Way of Waterloo Region this year.

Trudeau, who is the event speaker, she said, was born into a world after her second child, Sacha, was born, that she felt overwhelming depression.

"The Pierre Elliott Trudeau was so identified as I was after [Montreal] Sachs was born," said Trudeau. "I didn't want to feel like just a mom and I wanted play with him and he was a Jordan at two years old."

They attributed the mood swings to postpartum depression, and even after receiving treatment for it, she doesn't believe it was much more serious. "Even when Sacha was born, her family kept the problems hidden from the public until 1990."

Major depression is a distinct type. Some researchers say it's caused by chemical imbalances in the brain while others say it's a lack of coping or ways one body reacts to psychological references.

"My focus is on young adults and I didn't know I was bipolar until after I met Pierre," Trudeau said. "I had 200 people in attendance at Ted [Talk]."

Experts believe that one in five people will suffer from major depression, but Trudeau believes that number is more like one in three.

"You don't suffer from it; you will suffer continually from someone in your family," she said.

The details of her prognosis are Murky, but here's a brief state: He was taken on an air ambulance while riding at Rockies Glacier Provincial Park in B.C. in 1996.

"What I understand was the power of grief," said Trudeau. "I told everyone as soon as she died and everybody

Volunteers push to launch halfway house for women

By ROBERT TRAVIS

At the mention of a halfway house, people just shudder and turn together in alarm.

No one wants people living nearby who have just been released from prison.

But as life begins for women at a halfway house, it's a group of volunteers who have just been released from prison.

A small committee agrees to actually responsible for making things a home like this.

The volunteers of the process have started looking for a house that will be big but not overly enormous because of funds.

"There are halfway houses in Brampton, Etobicoke, Dundas, Barrie, London, Toronto, and Ottawa, but nothing that was local," said Diane Rauch, a Waterloo Region real estate agent who volunteers at the project.

There are over 200 volunteers at the project who want prisoners to receive at least shelter and other forms of guidance, and help local organizations find-based programs and monitor current needs the

process as Honey Watson, Director.

"It can be scary for the women having to go to a halfway house, because it may not be an easy part of town. Most of them need to stay locally," said Rauch.

"What makes this very unique for us is instead of buying the Waterloo Army base, we talked about what women who get paroled in my area want the halfway house to happen," said Rev. Karenmary Radford, the process' full-time chaplain.

The volunteers are looking at either buying a house and raising it independently or partnering with the organization Ray of Hope, a local Christian agency that runs two houses in the region for parolees/offenders.

Search and the spending cost of the halfway house that would be started in houses a day would be around \$100,000 a year.

This money would come from donations with Canadian Tire Grants.

"Last fall we formed a committee of interested volun-

teers that were behind the scenes. Rev. Karenmary, my wife Judy and I had worked from that committee we formed an organization and the committee decided to call the property Radford House. From there we organized a charitable organization called The Women's In-Prison House of Radford Waterloo Region to be operated at Radford House," said Rauch.

The house was named after Rev. Karenmary Radford, the full-time chaplain, who has been working at Grand Valley Institution since it opened in 1997.

The halfway house will have the same volunteers who volunteered at the prison until the women are paroled from the institution.

The house will be an eleven room Radford where it is clean to assist offenders and progress for the women.

From theinsky groups of the prison who are based to help in anything they can to get the halfway house ready.

Friends and Radford are hoping to have it operating by 2010 but know that radical change may not happen until 2011.

DONATE TO HELP A CHILD'S CHRISTMAS



PHOTO BY KAREN RAUCH

The Ontario Wolf Den Foundation helps the library for students who have children and are financially unable to buy gifts. Donations can explore to create a gift by filling out an application to the City office. Boxes will sign up and select a child to beauty in May and bring the gift back. City will then multiply the family that the present is in.

Thermography becoming popular

By ROBERT TRAVIS

Stephens into the old, wooden house at 9 Crescent St. in Kitchener, one might feel that. However, once upstairs, you will realize you have found a place that could change your life.

Mary Kuklowsky opened the first thermography clinic in Kitchener nine years ago and recently relocated to her new office on University Street. The body part of your great your and all the extra mass is going to be reduced for Kuklowsky and her patients.

"I try to make the experience pleasant as possible," Kuklowsky said. Thermography is a procedure that takes images of the breast but are then analyzed by a doctor to determine the risk of developing breast cancer. Abnormal cells produce more heat and are therefore detected in the cancer.

Kuklowsky also performs a cold water test on all of her patients. Once the patient has reached room temperature, they put their hand in cold water for one minute.

"The procedure costs \$175 and is not covered by OHIP but Kuklowsky is in the process of trying to change that."

To make an appointment or for more information 519-835-6801 or visit thermography.com.

POSING LIKE EGYPTIANS DURING INTERNATIONAL WEEK



PHOTO BY ROBERT TRAVIS

First-year international business management students Kristian Doherty, left, and Lee Hill perform International week on Nov. 20 with a Shirley-Leevering, Egypt.

Sports fans still show up despite losses

By JENNIFER GARNER

Fans were in a rut, and Ontario sports fans have been struggling.

Even though most of the professional teams in the province struggle to吸引 spectators at their competitive losses, those few who come out are tough. Rather than stay for the last inning, as Ontario fans will watch the third period of a hockey game, and then in the final seconds of a tournament.

In the last 10 years since the Toronto Blue Jays brought baseball to the city, the team has not won a championship. To put that in perspective, most Ontarians who don't work have still been playing ball.

Compared to the other major pro sports, a Major League baseball fan has trouble.

The Toronto Maple Leafs are struggling through another disappointing season. Their last win is Monday's Cup game over the Florida Panthers since 1997. To put that in perspective, last year is a typical year from that last point. "We're obviously not winning every game we play," says one to walk on the moon."

I am told the Ottawa Senators will play better but haven't been able to find an opportunity to talk with that team. Even so, the Senators

haven't won a Cup since 1993 since played between seasons and with an forward position.

The Toronto Raptors are scheduling their first game since last year I guess they had, the Vancouver Grizzlies in short order.

But, to that time the team has only started a dozen championship losses and by "short order" I mean decided to have one up before the team's general manager thinks it may wouldn't look completely pathetic.

It's evident that some of the most loyal fans of professional sports are not being served well. Both the Raptors and the Leafs are top 10 in attendance figures this year, and despite my mother's recognition, the Raptors are in the middle of the pack. The Blue Jays have been less than dismal since their championship years, but are still averaging over 30,000 home games.

The most part, fans have stayed put in their arena seats without guarantee for the numbered ones while all of us old spousers will eventually pay off, but because of their passing to me the greater expectation of the entertainment, major professional teams in Ontario will always have a fighting chance.

PLAYING THE ROYAL GAME*



Photo by JENNIFER GARNER

Chess and checkers four won right in front of the Sanctuary Cafeteria on Nov. 28. An informal tournament was put together by Mario Anglin, director of social programming for OUA at the Queen's campus. Wanting to cater to students, Anglin organized the first ever inter-college competition. In all, seven games of checkers and three games of chess were set up. There was no champion as winners just friendly competitors to pass the time. Above, engineering technology student Ivan Ivanov plays on computer engineering technology student William Penley in a friendly game of chess.

HELPING MARIO SAVE THE DAY



PHOTO BY JENNIFER GARNER

Computer teachers Pamela Quinlan left, who is in charge of student support, takes time out of his day to help out students like fellow junior, Mike Cossentino, Trevor Gaudet, Dave Riddell and Jamie Nisbet in the Nintendo 64 game New Super Mario Bros. This event helped raise over \$1,000 for the charity Child's Play and thousands more of the holiday game collection.

Condor runner fourth at national championship

By JENNIFER GARNER

Concordia's own Jason Goulden, an incoming fourth at the past year's national cross-country championships. The event was held Nov. 14 in Guelph, Ont.

Goulden, a second year engineering undergraduate student, was the OUA's individual title holder this month, besting Presidents' John Morris and Mount Royal's Dennis for the honour. The London runner finished seventh and eighth at the nationals respectively.

Dave Stewart, also from Concordia, came second in

the 10-km race, just ahead of fellow concordian Franco Corrao.

Other Concordia runners in the championship were Eric Thompson and Alex Hawks, who finished 20th and 21st out of 21 runners.

With an average running time of 28:12, Concordia took ninth overall as a school in Canada for the event, and second for Ontario. McGill was the best team there for the OUA conference.

At the Canadian Colleges Athletic Association championships, Willy Kastrop and Ed Neupauer, both of

Lethbridge College, swept the top two spots with Oliver Collin of Algonquin college in Montreal steady in third.

Kastrop was the overall winner of the men's race, with a time of 29:02.

Hannah McLean of Concordia finished fifth in the women's race in her first appearance at the national championships.

McLean was the only female Concordia runner and she crossed the finish line a time of 32:40 in 8th place.

Laura Sparke of Fanshawe was the event with a time of 19:11.

Here are the winners of the 'Do You Study' survey

Throughout October, a number of students participated in a survey open to those enrolled in the School of Business and Hospitality. The survey asked them to identify the different ways they might prepare for a exam. In return for participation, their name was entered into a draw for a total of prizes. The following School of Business and Hospitality students have won a prize:

Paul Touché
Sandy Sweeney
Kylie Scott
Stephanie Cossentino

A gift certificate valued

at \$100 for Best services:
Christopher Davies
Jasmine Franklin
Lodie Moroz
Natalie Chantrey
Yvonne Wong

A gift certificate for the bookstore, valued at \$100:
Gregory Bent
Jesse Hamilton

If you would like to learn more about Doing Good in the UGCS, go to www.ugcs.ca to pick up your print. You will need to present one copy of photo identification. The results of the study will be published in 2006.

MAKE-A-WISH FOUNDATION

Because some children can't wait for tomorrow

www.ugcs.ca/makeawish
1-866-963-8279

Christmas Wish Tree

Make a Child's Christmas Wish Come True!

*Come visit the CSI office in room 2A106
to get a CHILD'S WISH CARD.
On it you'll find their Christmas
wish that you can purchase
and return to the CSI office.*

*For children 12 and under only.
For more information
visit the CSI office
in Room 2A106*

*November 16th
till December 11th*

**Children's
Miracle Network**

Lets make a difference together